

OCT/NOV
1999

VOLUME 25
NUMBER 5



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Permit No. 14794
San Francisco, CA

New Bernal Journal

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Who

Produced by the Bernal Heights Neighborhood Center with the assistance of hundreds of community volunteers

Getting there

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New Bernal Journal

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*It is dedicated to
providing the people of
Bernal Heights with their
community's news, ideas,
issues and events, which
support the center mission:*

*"To empower people
in efforts to preserve
the ethnic, cultural, and
economic diversity of Bernal
Heights and improve the
economic conditions of low
and moderate income people
in Bernal Heights."*

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free to the community of
Bernal Heights.*

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New Captain, Same Community, Same Commitment:

An Open Letter to the Community

On August 11, 1999, I assumed command of the Ingleside Police District. A lot in my 18-year career and nearly 2-year stint as the Night Supervising Captain prepared me for that morning, but nothing prepared me for the awesome response from the community. Within hours, countless community leaders called me to assess my commitment to the Ingleside District.

As a new Captain, I am still in the phase when I get to say, "Gee, I don't know" a lot, but one thing I do know is that I inherited a district in which my predecessor, Captain Rick Bruce, established outstanding outreach and involvement with the community. Rick and I worked together for many years and I share his vision and commitment to the officers and the community of Ingleside.

In the months and years ahead, I look forward to meeting many of you personally. Just as importantly, I look forward to you meeting the exceptional men and women in blue who literally work night and day as guardians of your neighborhoods. I am proud to be a member of this high performance police team and to be part of your vivid and diverse community.

Captain Marsha Ashe

Ingleside Station

Obituary

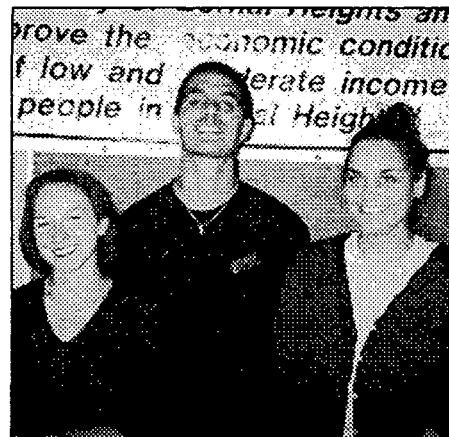
Olga M. Pellegrini died peacefully in Redwood City at age 89. Born in San Francisco, she was the beloved wife of the late Renato Pellegrini. She is survived by her daughter Gloria and son-in-law Fred Hoedt; grandchildren Laura Jordan, Julie Hinsch, Eric Hoedt, Alicia Lewis; eight great-grandchildren and many nieces and nephews here and in Italy. Olga was a member of the Bernal Heights Senior Center, helping in the fight for the Center's existence, and also a member of St. Kevin's Church Woman's Guild. A funeral service was held Wednesday, September 22, at the chapels of Valente Marini Perata & Co. and a funeral mass was celebrated at St. Kevin's Church. Donations can be made to the Mid Peninsula Hospice Foundation, 65 El Camino Real, Menlo Park, CA 94025, or to a charity of choice. She will be greatly missed by her family and friends.



EDITORS LETTER

Welcome to the fall season in Bernal! Hope to see you at Fiesta (look for me at the pony rides with my 3 1/2-year old). It's an exciting time of year with not only Fiesta, but Open Studios, Halloween—which Bernal always does with great style and flair, and the upcoming annual Toy Drive (see page 5). Please consider contributing to a happy Christmas for local children. Also check the Classifieds page (19) to see if you have anything you can offer the BH Recreation Center. We are happy to welcome new advertisers Hands on Healing and the new nail salon on Cortland, also ToolMaster, we thank them for their support. See you in the neighborhood. Be well.

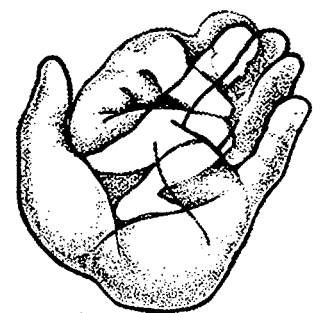
Anne Telford



New Faces

Pictured, left to right, Stacey Kohut and Giulio Serro, the two newest members of BHNC's Community Organizing Department, shown with Claire Van Zevern (far right), BHNC's Community Development Resource Coordinator.

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Eleven Initiatives on November Ballot

By Ken Jacobs

Along with the races for Mayor, District Attorney and Sheriff (Bernal resident Michael Hennessy is unopposed for his re-election bid), San Francisco voters will decide on eleven ballot initiatives in November, including bonds to rebuild Laguna Honda hospital and a ban on ATM fees.

Laguna Honda Hospital is San Francisco's long-term care facility, providing medical, nursing and hospice services to the elderly, disabled and people with AIDS. Laguna Honda is one of the nation's most distinguished public nursing facilities, renowned for its excellent medical care and its policy of accepting all patients regardless of their ability to pay. It is currently under threat of being shut down by the federal government because it is seismically unsafe. This November, San Francisco voters will have the opportunity to save Laguna Honda Hospital by approving a \$299 million bond to build a new, earthquake-safe facility at the current site (Prop. A). The remaining costs of rebuilding the hospital will come from the tobacco settlement funds. The new hospital will include 1,200 skilled nursing beds and 140 units of assisted living. "Laguna Honda is a vital piece of the service needs for the aging population in San Francisco," said Bernal nurse Martha Hawthorne. "If it was closed, I don't know where people would go." The bond measure needs two-thirds of the vote to pass.

Another issue of importance to Bernal residents is the Campaign Expenditure Limits, Proposition K. Under current law, a candidate can spend up to \$250,000 in a supervisorial election. Proposition K would reduce the spending limit to \$75,000 for the general election and \$15,000 for the run-off in the new, smaller election districts. "Lower election limits in smaller districts will take the big money out of elections and make room for real grass-roots campaigns," said Bernal neighbor and Board President Tom Ammiano.

The Central Freeway is back on the ballot with two competing propositions, I and J. Prop. I would ratify the voters previous decision to tear down the central freeway and build a boulevard on Octavia St. This would free up space for 500 new housing units which would be developed through a community planning process. The sale of the land under the current freeway would generate an estimated \$28 million over and above the cost of completing the boulevard which would be invested in additional transportation improvements. Prop. J would overturn the voters' previous decision and rebuild the Central Freeway.

Another controversial proposition (Prop. E), would create a new Municipal Transportation Agency within city government. The agency would be governed by a seven member board which would be appointed by the mayor and approved by the Board of Supervisors. It would set a specific timeline to restore MUNI service. Proponents claim that it will streamline the MUNI bureaucracy, improve service and strengthen the city's transit-first policy. Opponents fear that it makes it easier for MUNI to cut services and raise fares without addressing the central problem—the need for a dedicated funding source, such as a downtown transit assessment district.

Other propositions would: ban banks from charging additional fees for using ATM's at a bank at which a person does not have an account (Prop. F); amend the city's Sunshine Ordinance to expand public access to city government documents and meetings (G); and extend Caltrain downtown to the transbay terminal (Prop. H). ■

Bernal Heights Democratic Club Endorses Candidates, Initiatives

The Bernal Heights Democratic Club voted to endorse the following candidates and initiatives at their general meeting on September 16th.

Mayor—No endorsement

District Attorney—Terrance Hallinan

Sheriff—Michael Hennessy

A	Laguna Honda	Yes
B	Firefighter/Police Retirement Benefits	Yes
C	Supervisorial District Boundaries	Yes
D	Sick Leave/Vacation Credit Transfers	Yes
E	Municipal Transportation Agency	No
		Endorsement
F	ATM Fees	Yes
G	Sunshine Ordinance Amendment	Yes
H	Downtown Caltrain Station	Yes
I	Octavia Boulevard Plan	Yes
J	Central Freeway Replacement	No
K	Campaign Expenditure Limits	Yes

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REPORT FROM EAST TIMOR By Tom Gallagher

If there was one province with a shot at conducting the recent East Timorese electoral campaign freely and fairly, it seemed to be Lautem.

On May 5, the United Nations, which has never recognized the validity of Indonesia's 1975 invasion and subsequent takeover of the former Portuguese colony, concluded a surprise agreement with the Indonesian government under which Jakarta would allow East Timor to decide its future in a "Popular Consultation": Would the 800,000 Timorese accept Indonesian rule in the form of Special Autonomous Province status, or would they reject it, in which case they would for a single day revert to Portuguese control, before the UN began facilitation of an independent East Timorese government.

The entire proposition was a house of cards that depended upon several improbabilities: the acceptance by the Indonesian government of a result unfavorable to it, and, most spectacularly, the proposition that the Indonesian national police force—only recently separated from the Indonesian Army that had waged a brutal war on the island—would provide the security necessary for a legitimate campaign. This would include controlling the newly formed "pro-autonomy" militias it was widely assumed to have nurtured, as well as guaranteeing the safety of independence supporters.

Its supporters silenced for nearly a quarter of a century, there was no scientific way to gauge the continuing support for independence, but by most people's reckoning, it was strongest in the easternmost province of Lautem, an area where pro-independence Falantil guerillas still existed. Certainly, Falantil no longer posed any serious military threat to the Indonesian Army, but as Xanana Gusmao, its commander who was recently released from jail, once put it, "To resist is to win." And they resisted in Lautem province.

The Lautem campaign had an auspicious start—a joint pro-Indonesia/pro-independence kick-off event featuring both the Bhopati, the provincial administrator appointed by Jakarta, and the pro-independence Liurai—the local Fataluka dialect name for the traditional "king." In fact, the entire campaign went peacefully in the region; in one Lautem sub-district three of the six Jakarta-backed village leaders even felt safe enough to appear at an independence rally. But in much of the rest of East Timor sporadic attacks on independence-supporters were routine, in

those provinces where they were allowed to campaign at all.

And the campaign came to a bitter ending in Lautem as well: before the sun had set on its final day, the king laid dead in his burning house, hacked by ten or twenty machete blows. The actuality of Indonesian police campaign security proved every bit as ridiculous as the concept had sounded, but what was not entirely predictable at the outset was that the pro-autonomy violence would not extend to the UN's international election workers. It was still possible to carry out the election, despite the violence inflicted upon the local population, and there really were no calls for its delay. As one independence spokesman said, postponement would only give the Indonesian government more time to kill Timorese.

Election day itself was relatively peaceful, and crowded—98.6% of the recently registered electorate voted. It's hard to say why the pro-Indonesian side allowed the vote to go forward; perhaps they actually thought that their mix of intimidation—a pro-autonomy poster read, "Vote for autonomy and there will be no war in East Timor,"—and petty bribery: rice all around, and pro-autonomy T-shirts for anyone not ashamed to wear them, a not-insubstantial prize in so poor a society, would prove a winning combination.

If so, they were spectacularly wrong, garnering but 21.5% of the vote, and have now turned to Plan B—terror. Eleven days after the Liurai's murder, the Lautem district UN staff became the last outside of Dili to be evacuated.

One East Timorese UN staffer, the son of a Falantil soldier killed in the war, said that he thought the local pro-autonomy people were wrong in saying that an independence vote would take things back to 1975, because in 1975 the UN was not involved. And dark as things now look, he was right. The Timorese people are once again suffering greatly—and in the absence of outside observers and press it is hard to know precisely how greatly—but the effort has not been for naught. The myth of Indonesian legitimacy in East Timor is shattered irrevocably. The U.S. will ultimately have something to say about how long it takes the UN to get back into East Timor. And since the U.S. government provided the bulk of the weaponry with which the Indonesian Army suppressed them, Washington owes it to the Timorese people to lean on Jakarta in a hurry. ■



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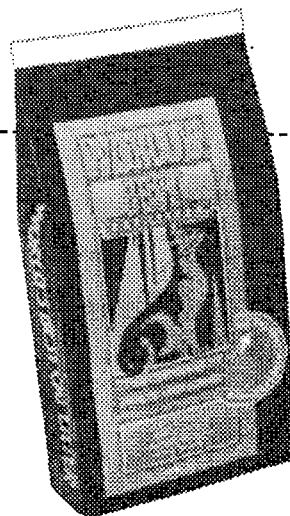
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iSi Se Puede!

By Claire Van Zevern

A Diary of Community Organizing

A new edition to the NB, iSi Se Puede! is a non-comprehensive list of community activities, campaigns and other events that work to make Bernal Heights a better place to live for everyone.

The premiere of this column begins with success at Paul Revere elementary school. Thanks to tireless efforts by parents and concerned Bernal Heights neighbors, Randy Haves was restored to his position as principal and gained the addition of co-principal Carolyn Casey.

The Emergency Coalition to Save Public Health is working overtime to stop the budget cuts at San Francisco General Hospital and reopen the satellite pharmacy. So far, they have been successful in winning the temporary reinstatement of 21 medical records personnel. For more information on how you can get involved, contact the Committee for Health Care Rights in the Americas at chria@lhc.org.

On August 23, the three-year anniversary of the latest "welfare reform", the Stop the Clock Campaign sponsored by the Coalition for Ethical Welfare Reform (CEWR) held an action at which they protested time limits on benefits. Similar actions were held nationwide. Congresswoman Nancy Pelosi attended the San Francisco action and voiced her concern for women and children in poverty. For more information contact CEWR at (415) 239-0161.

A District 11 Democratic Club was established on September 1. This new district includes the outer Mission, Oceanview, Merced Heights and Ingleside neighborhoods. For more information contact Doug Moran, President, at (415) 333-4615 x2 or Rebecca Silverberg, Secretary, at (415) 584-0535.

Saturday, October 16, the Living Wage Coalition is holding a Community Fair and Congress at the Horace Mann Middle School (23rd and Valencia) from 10 a.m. to 3 p.m. All are welcome! If you would like to know more about the Coalition, they can be reached at (415) 243-8132 or www.sflivingwage.org.

If you would like to submit an event listing for iSi Se Puede! please contact Claire van Zevern at (415) 206-2140, x155 or e-mail clairevan66@hotmail.com

MOBILE MEDICAL CLINIC COMES TO BERNAL

By Stacey Kohut

The Adolescent Outreach Program was created in September 1996 in order to provide comprehensive primary health services to homeless or uninsured adolescents (ages 12 through 21) in Santa Clara County. It currently operates one day a week, utilizing a mobile medical clinic (a mobile home that has been converted into a clinic on wheels). In addition to providing health care, the program collaborates with other agencies, allowing clients to access services ranging from food, shelter, and clothing to counseling, schooling, job training, and legal aid. The ultimate goal is to help the youth being served to lead healthier and more productive lives.

The numbers of homeless and uninsured adolescents are high, and increasing. These adolescents suffer significantly more from untreated or undertreated medical and psychosocial problems than adolescents who are housed and with health insurance. The range of problems is broad and includes: a lack of basic immunizations, lack of primary and preventative care services, lack of medications to treat acute and chronic illness, late treatment of illness resulting in higher cost to treat, high-risk sexual activity leading to higher rates of sexually-transmitted infections, polysubstance abuse, malnutrition, and mental health problems such as depression and anxiety disorders. Thus, these adolescents generally have complex, and multiple, medical and psychosocial problems.

Mobile medical care is a successful way to help uninsured or homeless youth access the services they need to live healthier lives. The Adolescent Outreach Project has a very successful track record in this respect. From September 1996 through June 1999, there were a total of 1,148 patient visits. Of these, 210 patients agreed to receive HIV counseling and testing, 100 received their measles/mumps/rubella boosters, and 53 received their diphtheria/tetanus boosters.

continued on page 12

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The Bernal Heights Neighborhood Center is hosting the
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If you would like to support BHNC's Toy Giveaway Program, please call Jeannie at 206-2140, ext. 169 for more information on how you can help.

If you are a youth who wants to receive a toy, applications will be available at the Center beginning November 1.



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WHAT'S NEW AT THE LIBRARY?

By Nancy Silverod

Thanks to the fundraising efforts of our fearless lap-sit leader, Liz Jaroslow, we now have over \$2,000 in our Friends of the Library account. The money is earmarked for furniture and other accessories to improve our children's and teen areas. We've ordered a new carpet and some toddler-sized seating for the children's area, and plan to buy a puppet theatre. The old carpet will move over to the teen area to help define the space, and we hope to put some of the remaining money toward new shelving to accommodate the new books we'll be receiving from the "High School and Beyond" Carnegie grant. We can still use your tax-deductible donations made out to the Friends and Foundation of the San Francisco Public Library.

We're also very excited that a program ear-marking monetary donations for books and other materials for specific branches will be reinstated sometime this fall.

SPECIAL PROGRAMS COMING UP:

For all ages:

Susan Pena and Miguel Govea perform songs in Spanish and English to celebrate Latino-Hispanic Heritage Month, Wednesday, Oct. 6 at 7 p.m.

Join local author and illustrator, Remy Charlip, for a creative evening of art and movement. Wednesday, Oct. 20 at 7 p.m. (see the profile on Mr. Charlip, page 13)

Neighborhood author/illustrator Ashley Wolff will talk about her work on Wednesday, Nov. 10 at 7 p.m.

Word for Word presents "Master Maid," Friday, Nov. 19 at 7 p.m.

Bill Theobald and friends perform English, Celtic, Continental, and American music on the hammer dulcimer and recorder, Wednesday, Dec. 22 at 7 p.m.

For teens:

Pumpkin Carving Contest, Friday, Oct. 29, 3-5:30 p.m.



For kids:

Create a "Play-in-a-Day" with Sophie Maletsky, Thursday, Oct. 14, 4-5:30 p.m. Ages 6 and up.

Halloween Costume Party and Craft, Wednesday, Oct. 27 at 7 p.m.

Join Sophie Maletsky in a holiday card-making workshop, Thursday, Nov. 18 from 4-5:30 p.m.

Annual Teddy Bear Tea, Friday, Dec. 10, 4 p.m.

And don't forget to pick up a copy of our monthly flyer listing story times, films, and other events.

Why Is It Feast Or Famine When It Comes To Programs For Kids?

Among the things the Friends and Foundation of the San Francisco Public Library raises money for are programs for children at each of the branches. During the school year, we have a small monthly budget (\$125) which allows us to hire one performer who is usually giving us a special deal. Sometimes we are lucky to have people willing to do programs for less, or no money, and we can offer more than one program a month. During the Summer we receive a larger budget, allowing us to schedule one program each week.

We are always interested in new performers/programs, so please give Nancy a call if you have something you'd like to present.

Staff Changes

At the end of August we said goodbye to our page Paul Sager who is leaving for a year to study in France, and we welcomed his replacement, Tracy Hankins.

Bernal Heights Book Group

Newcomers are welcome to join the Bernal Heights Book Group which meets on the last Thursday of the month (except in November) at 4 p.m. The upcoming schedule is as follows:

September 30	<i>The Poisonwood Bible</i> by Barbara Kingsolver
October 28	<i>The Samurai's Garden</i> by Gail Tsukiyama
November 18	<i>Things Fall Apart</i> by Chinua Achebe
December 30	<i>The Return of Little Big Man</i> by Thomas Berger

All titles can be checked out at the Bernal Branch Library.

Can You Help Us?

We have a Spanish Conversation group for adults which meets every Tuesday evening at 7:30, and we're interested in starting one for kids, but we need a group leader. Are you fluent in Spanish? Do you like to work with kids?

Additionally, we need high school students and adults to tutor kids and help with homework on weekday afternoons.

You can reach us at (415) 695-5160,
Tuesday 10-9,
Wednesday 1-9,
Thursday 10-6,
Friday and Saturday 1-6

Nancy Silverod is the Children's librarian at Bernal Branch Library, 500 Cortland Avenue (near Moultrie). ■

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Bernal Heights Welcomes Three New Principals

Carolyn Casey is the new Co-Principal at Paul Revere. A San Francisco native, she has served as Assistant Principal at Rooftop School in the Twin Peaks area, and has taught kindergarten and first grade at Jane Parker Elementary School in Chinatown.

Kevin Truitt comes to Junipero Serra from Everett Middle School, where he served as Assistant Principal for two years. Prior to that, he was a mathematics teacher for 14 years, mostly in Los Angeles. In addition, Mr. Truitt has been a Mathematics Consultant for the State Department of Education for the past eight years.

Johnnie Spearmon, Leonard Flynn's new principal, is originally from Miami, Florida. Mr. Spearmon has extensive teaching experience, at both elementary and high schools from Springfield, Massachusetts to East Palo Alto. He was also a Reading Facilitator at Visitation Valley Elementary School for one and one-half years.

The Bernal Heights Neighborhood Center will be sponsoring a Meet the Principals night Thursday, November 4 from 7-9 p.m. We invite all parents to come by and welcome these new educators to our neighborhood. ■



Above: Carolyn Casey and Randy Haves, Paul Revere co-principals
Right: Kevin Truitt, Junipero Serra principal. Not pictured, Johnnie Spearmon.

Bernal Community Keeps Principal Haves at Paul Revere

New Co-Principal Carolyn Casey moves over from Rooftop

Reported by various Bernal residents

"This place (Paul Revere Elementary) is a shining star for those who live in this neighborhood. This is a great victory for our Bernal Heights Community." "Randy Haves, along with his staff, has created an atmosphere of love and respect that has spread throughout our neighborhood." "Paul Revere is a leader in the Bay Area in school reform and it can only get better and better with two principals." "There were a lot of meetings to keep Mr. Haves at Revere and I'm glad he's back," are just some of the quotes from neighbors and parents of Paul Revere Elementary School.

In the last issue of the Bernal Journal we reported that our School Board was going to vote on whether or not to reinstate Principal Randy Haves back at Revere. Mr. Haves had been transferred during the summer to another local school and our Bernal Heights community formed a rainbow coalition to protest this transfer. Over 400 Bernal residents, students, parents and storeowners signed a petition, hundreds wrote letters and e-mails, requesting interim-Superintendent, Linda Davis, to reverse her decision. A vote did not occur, but our School Board worked with the superintendent to create a new co-principal position at Paul Revere.

We welcome back Mr. Haves as co-principal in charge of PreKindergarten through second grade. And a big welcome to Ms. Carolyn Casey, vice-principal at Rooftop Elementary for three years, to her new assignment as co-principal in charge of grades three through five at Revere. Haves states, "It's a great opportunity to improve the academic achievement of all our students and to work with another principal."

During the summer, a diverse group formed this rainbow coalition and Mr. Haves would like to thank everyone who stepped up on his behalf. "There were many people involved and I only found out how big this coalition was when I returned from my summer vacation in Sweden," he said. "I would like to thank everyone involved and a special thanks to Supervisor Tom Ammiano; Bernal Heights

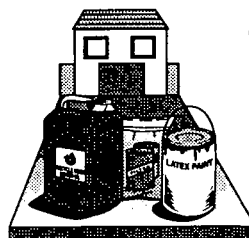
REMEMBER TO RECYCLE YOUR USED MOTOR OIL AT THE CURB.



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● Drain your oil filter overnight and place it into a leak-proof plastic bag.



● Leave your used motor oil and used oil filters on the curb by 7am on your regular recycling day.

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(1-800-449-7587).



Funded by the San Francisco Hazardous Waste Management Program (415-554-4333),
through a grant from the California Integrated Waste Management Board.

Parents for Public Schools

Will your child be entering Kindergarten next year?

Make an informed decision on what is available to you in the public schools of our city. We are planning a kick-off for the new chapter of Parents for Public Schools and are combining it with an event empowering parents to make good decisions about where to send their children to school. Hear from Margaret Wells, Director of the Educational Placement Center on the application process. Get tips on school selection from Lee Ann Slaton of Parents Place, find out about parent power in the public schools from other parents.

Saturday October 16th 1999

10 a.m. - 12.30 p.m. at Harvey Milk Elementary School, 4235 19th Street, San Francisco (centrally located near Castro Muni station, served by the 24 Divisadero, 35 Eureka, 8 Market).

This event is free and is sponsored by the San Francisco chapter of the national organization Parents for Public Schools (PPS). PPS is a national organization of grassroots chapters dedicated to recruiting students, involving parents and improving public schools. They believe that offering every child the highest quality of public education is vital to American democracy. By mobilizing parents who reflect our diverse culture, we build excellent public schools and better communities. Child care will be provided.

Here's where we may need some help so please let us know what you would like to do:

- Post flyers in neighborhood (please state which neighborhood)
- Get food donated—bagels or muffins type of thing
- Help with set-up on the day
- Help staff a PPS table at event signing up members
- Help with event registration
- Find reliable babysitters
- Clean up

Please call (415) 642-6260 for more information or visit www.Parents4publicschools.com ■

Principal continued from page 7

Neighborhood Center Director Mauricio Vela; Parents for Public Schools Executive Director Deena Zacharin; Laidlaw bus driver Angie Stout; neighborhood activist Novella Smith; parent Hortencia Gutierrez; former parent Silvia Vera; teacher Sharon McCarthy and school librarian Michelle Irwin for their key roles in this special effort."

Now it is time for our community to get more involved at Paul Revere. Volunteers are always welcome. Parents who look at "alternative" schools should first tour Revere and join the growing number of local parents who choose this wonderful school. The teaching staff is outstanding, the school demands excellence, and the curriculum is as rich and diverse as the students who attend Revere. As a matter of fact the future is bright for all of our elementary schools in Bernal Heights. Deena Zacharin has been a strong voice and leader in having alternative school families choose their neighborhood public schools, and she has been actively involved with recruiting families to Paul Revere. She can be reached by e-mail: zacharin@slrlus.com ■

BHNC Director Mauricio Vela is looking for volunteers to help distribute the *New Bernal Journal*. If you'd like to help spread the word, please contact the Bernal Heights Neighborhood Center, (415) 206-2140. It's a cheap way to burn calories and a nice way to get to know some of your neighbors. All volunteers are honored with a party at the end of year, plus our sincerest thanks six times a year!

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HEALING ALTERNATIVES: THE POWER OF ROLFING

By Jana Hutcheson

There are many types of body work and massage styles such as Reichian psychotherapy, Alexander Technique, Feldenkrais Method, Rolfing, Rosenwork, Trager work, Body-Mind Centering and the list goes on and on. One of the first in this field is “Rolfing”—a technique developed by Ida P. Rolf, an organic chemist with the Rockefeller Foundation in New York. It is actually called “Structural Integration” but called “Rolfing” for short.

Generally, it lengthens the body and balances left and right sides. The ideal is for the pelvis to approach horizontal permitting the weight of the trunk to fall over the pelvis. The head rides above the spine and the spinal curves are shallow. The legs connect vertically to support the bottom of the pelvis. The way bodies become unbalanced is from repeated patterns of self-use in walling, sitting and sleeping and some of these patterns may have been established as early as infancy. Distortions may also come from accidents—twisting a knee, jerking the neck or spraining an ankle. Shifting the weight to a stronger side affects the whole body—spine, neck, head, etc. Gravity may also play a destructive role in all of this, too.

In a carefully worked out sequence of manipulations, the Rolfer reverses the influences of environment, moves tissue back toward a symmetry and balance ideal for one’s body. Rolfing takes place in a series of ten sessions about one-hour long and a week or more apart. It proceeds from the surface of the body to deeper and deeper layers. The phrase in massage “deep tissue work” came from Rolfing. Frequently some

one being Rolfed experiences this deep tissue work carries emotional release with it and physical and emotional pain along with old memories. Most people undergo a readjustment process that lasts a year or so as their bodies and feeling learn new patterns of being and relation to the world and staying in balance. A new sense of self may be presented to others as the body learns to carry itself differently. More recent bodyworkers tend to view this style as too harsh and idealistic or perfectionist. More recent trends tend to think that most people cannot fit into this model. Still Rolfing has continued to be a beneficial style of bodywork for many people and has influenced all the other styles of bodywork to come after it. Current-day Rolfers have also gone through shifts and changes becoming softer in the way they do their work

HERBAL HEALING TIP: Essential oil of jasmine is a sensual, romantic fragrance which brings optimism to a dark, depressive feeling. It invokes feelings of magic and mystery. Jasmine is known to help muscle cramps and joint pains and is wonderful oil to use for massage of pregnant women. It is also known as a milk stimulant for nursing mothers and it seems to be beneficial to women in general. Many cosmetics use jasmine. It helps relieve backaches also. Jasmine is oil that should only be used externally. ■

Jana Hutcheson is an Advanced Certified Massage Therapist practicing in Bernal Heights. She can be reached through Toms on Cortland at **643-9269** or e-mail her at **Janahut@aol.com**.

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Bikini	\$10.00
Full Legs	\$24.00
Full Legs & Bikini	\$30.00

Walk-ins Welcome Gift Certificates Available

Bernal Heights Nail Care is a new location under the ownership of the owner of Angel’s Nails after having served happy customers for 15 years at the 1602 Church St. location.

Thank you to our customers of Angel’s Nails in Noe Valley. We look forward to serving you in both our locations.

BERNAL HILLTOP NATURAL HISTORY:

A Success Story-Yellow Starthistle On The Run by Barbara M. Pitschel

In past issues I have discussed some successes and failures of the Bernal Hilltop Restoration Project in its efforts to protect and improve the health of the remnant biological communities surviving in our natural area. The restoration process has proven to involve about 10% propagation and reintroduction of native plants and about 90% aggressive removal of invasive exotic weeds.

Quite a few years ago we realized that one of California's worst weeds was making major inroads into the quarry near the south-east end of the hill. We recognized the immediate necessity of engaging it in battle, a battle that continued over many years.

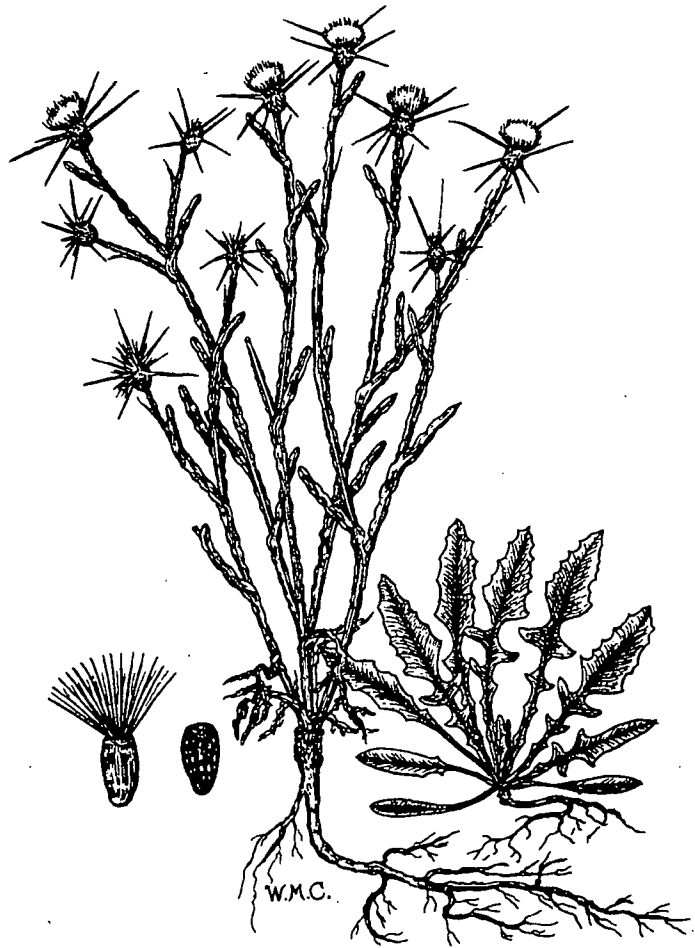
Yellow starthistle (*Centaurea solstitialis*)-also sometimes called Barnaby's thistle, I don't know why—is a member of the sunflower family (Compositae or Asteraceae). Like so many weeds, its seed was accidentally introduced to the United States from its native range in Europe, the Mediterranean, and western and central Asia.

Yellow starthistle is an annual (occasionally a biennial) weed that grows from a taproot to a height of one to three feet. Its rigidly branched winged stems and linear upper leaves are covered with whitish cottony pubescence. Seedlings are leafier than mature plants, with greener, deeply-lobed basal leaves and linear upper leaves (see illustration). It is most easily recognized during its midsummer bloom by the single, one-inch, yellow flower heads at the top of each stem. Leaves and stems are not thorny, but long sharp thorns project from the bracts of the inflorescences. Some thorns are three-pronged, some unbranched. Starthistle is pollinated by bees and reproduces only by seed.

The word *Centaurea* is derived from the Greek *kentaur*, meaning "centaur," a being with the head of a man and the body of a horse that is said to have made medicinal use of other plants in this genus. *Solstitialis* is a Latin word pertaining to summer, the plant's season of bloom. No doubt the common name, "yellow starthistle," derives from the fact that the yellow flower heads with their projecting thorns are reminiscent of the appearance of stars in the sky.

Yellow starthistle has been widely spread as an impurity in commercial seeds, as well as by hay and sheep, until it blankets cultivated fields, waste lands, roadsides, and vacant lots throughout the western United States. In California it occurs much too commonly from sea level up to elevations of 8,200 feet. In San Francisco it has, for many years, been common in waste ground throughout the city, although not to the degree that it has infested central California. It is especially hated in agriculture because of injuries to grazing livestock and horses from its spines and from a cumulatively-debilitating poison.

You can see why we determined that it was necessary to control this monster on Bernal! When we first became aware of the infestation, we pulled or cut off at ground level every plant we could find and bagged them to be carted away to prevent reseeding. For several years thereafter, at each summer and fall work party we would revisit the quarry to search for and remove all the new plants that had sprouted from the seed bank. (Heavy gloves are necessary for protection from the fierce thorns.) I am delighted to report that this is the second year that we haven't



found any starthistle in the quarry. But we must remain vigilant. Don't assume that the problem is permanently solved. There may still be seeds waiting for the ideal conditions to germinate and there is certainly a seed bank out there ready to blow in on the wind. An additional benefit of clearing the quarry of starthistle, as well as fennel and other invasive weeds, has been the emergence of a healthy population of the native tarweed (*Madia sativa*) in its place.

As you travel around the state during fall and winter seasons, you will observe vast gray fields that look like an agricultural monoculture but are actually invasions of this pest plant. Research is currently investigating the introduction of natural insect predators from the plant's Mediterranean homeland to control its rampant spread.

If you would like to help protect our precious remnant natural area for future generations, join work parties from 11 a.m. to 2 p.m. on the third Sunday of each month (October 17, November 21, December 19). Bring your own clippers/tools if possible. Contact Barbara or Roland Pitschel at (415) 282-5066 for details. ■

Editor's note: The Bernal Hilltop Native Grassland Restoration project was named "Best of the Bay" in 1998 by the San Francisco Guardian.

Wanted: Volunteers to deliver the New Bernal Journal

BHNC Director Mauricio Vela is looking for volunteers to help distribute the New Bernal Journal. If you'd like to help spread the word, please contact Linda Willard (415) 821-7456 or linda@sharireese.com

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Recycling in San Francisco

By Debby Dunn

Public Outreach Coordinator San Francisco Recycling Program

San Franciscans often have questions about recycling. To help provide more information and improve recycling, this column answers your recycling questions and gives waste prevention tips each month.

Q: I really need to clean my garage but have perfectly good things I do not want to throw away. Where can I donate them?

A: First, I must commend you for not throwing your "things" out, or putting them on the street during your neighborhood bulky item collection. The amount of perfectly good clothes, books, kitchenware, linens, etc. thrown away during this program alone is obscene—60,000 pounds per month! This program does not recycle the above items; it only recycles yard trimmings, scrap metal, clean wood, and large appliances. Now that I have vented, let me get back to your question. There are a variety of places, as well as a variety of things, you can do with the treasures you no longer need:

Donate your stuff to one of the hundreds of local organizations. Either check in the phone book under "Thrift Shops," or specific items such as "Clothing-Used," or call our office at (415) 554-3400 and request our "Residential Reuse and Recycling Directory."

Have a garage sale. You can actually make some decent money—my coworker's parents just made \$800 a few weeks ago! If you do not have a lot of items or would like some company in this endeavor, get your

neighbors involved and have a block sale. Not only does this bring in more shoppers, but it's also a good way to get to know your neighbors. When your sale is over, assign a person or two to take all the leftover items to one of the nearby donation centers.

Sell your items at a flea market. If you do not have a place at your home to have a sale, then rent a space at a local flea market (e.g. Alemany or Treasure Island) and sell your goodies there.

Have a materials exchange at work—or what we call a "Swap-o-rama." Get together with your coworkers and organize a free item exchange day during "Second Chance Week" which is October 16th - 24th (for more information on Second Chance Week, visit their Web site at Choose2Reuse.org). Those who are interested can bring in things collecting dust around their house, but may be useful to others. Then, on the big day(s), allow participants to take whatever they want. Assign a person or two to donate all the leftover items to a donation center. These fabulous new items that you have just obtained can later be given to coworkers during the holiday season (just try not to re-gift something to the prior owner).

Remember one person's trash is another person's treasure.

Q: What happens to leftover paint that is taken to the various paint drop-off locations in San Francisco?

A: Latex paint is accepted at nine local drop-off centers in San Francisco (for the center locations, please call (415) 554-4333). It is then picked up by a hazardous waste hauler and transported to a paint recycling facility. They process the good paint and then sell it to the public as recycled paint. The dried-out or rusty paint is used as an additive by a cement factory.

Latex paint and oil-based paint are both accepted at the S.F. Household Hazardous Waste Collection Facility. Most of the latex paint and about 25% of the oil-based paint is blended and filtered on-site, and then given away to the public. For free paint, call (415) 330-1406.

For more information about these programs, call (415) 554-4333 or look us up on the web at sfhazwaste.org ■

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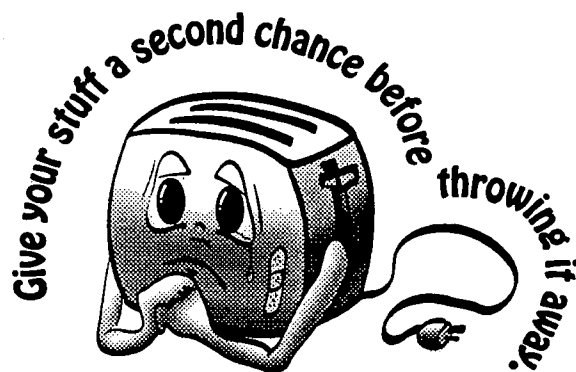
Waste Prevention Tip of the Month

Did you know that 30% of residential discards are yard trimmings and food scraps? Learn how to compost these items at a free composting workshop and bin sale on Saturday, October 16th from 9 a.m. - 3 p.m. at Alemany Farmer's Market (just off 280 and 101). This one-day event is sponsored by the San Francisco Recycling Program, in coordination with the San Francisco League of Urban Gardeners. For more information call SLUG at (415) 285-SLUG. For San Francisco residents only.

For more Waste Prevention Tips, call the San Francisco Recycling Program and request the Environmental Shopping Guide. If you have questions or article ideas that you would like to see in coming issues, please call (415) 554-3400 or e-mail sfrecycle@ci.sf.ca.us. I look forward to hearing from you!

Choose 2 Reuse

during 2nd Chance Week - October 16-24



ONE PERSON'S DISCARDS ARE ANOTHER'S TREASURES!

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Call 415-554-3400 to find out where you can drop off/sell and buy used goods.

mobile medical continued

Thanks to the efforts of Dr. Seth Ammerman, the creator of the Adolescent Outreach Project and a Bernal Heights resident, Health Van services will be extended to the areas of San Francisco that have high rates of homeless and/or uninsured adolescents and are without adequate resources to serve these youth. The targeted areas include: the Mission District, the Tenderloin, Bernal Heights/Ingleside, and Bayview-Hunters Point.

From September on, the Health Van will be at the following locations from 2 p.m. to 7 p.m. on the days listed:

1st Tuesday of the Month: Mission Playground, Valencia at 19th

2nd Tuesday of the Month: Tenderloin Playground, 570 Ellis at Hyde

3rd Tuesday of the Month: Bernal Heights Neighborhood Center, 515 Cortland at Andover

4th Tuesday of the Month: Bayview-Hunter's Point Foundation, 5015 Third St. at Quesada

There are no appointments necessary, and patients do not need insurance. Medical services being offered include complete physical examinations, illness and injury care, immunizations, pelvic exams, sexually-transmitted disease testing and counseling, and pregnancy testing and counseling. Family planning, health education, HIV counseling and testing, mental health counseling and referrals, and substance abuse counseling and referrals will also be available.

For more information, please contact Seth Ammerman, MD, at Lucile Packard Children's Hospital at Stanford: (650) 725-8293. ■



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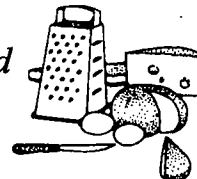
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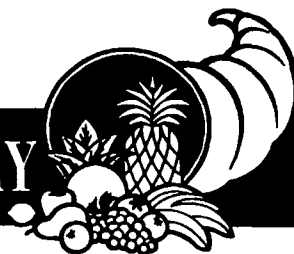
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Remy Charlip Dances into the Library

By Valerie Harris

In a sunny, airy Bernal Heights flat, a dozen newly framed watercolor paintings are lined up around a room. These simple, neat-as-a-pin surroundings are home and studio to Remy Charlip, the multi-talented creator of 29 well-loved children's picture books. The bright watercolors, some silly, some poignant, all heart-warming, are part of the 60 pieces of original artwork from his 44-year career in children's books that will be featured in the San Francisco Public Library exhibit, "Remy Charlip's World." The exhibit, which runs from October 13 to December 13, will also include a mural specially created by Charlip and a collection of children's art, all inspired by his books.

As testimony to the appeal of his artistry and his ability to connect with children and adults, his latest release, the mother-to-child love poem *Sleepytime Rhymes*, sold out its first printing a week before its publication date. "It was amazing," Charlip says. "It's never happened to me before." Other books include *Fortunately*, which has been in print for 35 years, *Arm in Arm*, with its jokes, riddles, and "circular poems," and *Harlequin and the Gift of Many Colors*, about poverty and friendship. His other release for 1999, *Peanut Butter Party*, includes activities, songs, plays, jokes, and comments from a real-life party.

The 70-year-old artist/author is also a choreographer, dancer, teacher, and theater director. A native of Brooklyn, New York, Charlip has lived in San Francisco and Bernal Heights for ten years. He started his career with a degree in fine arts from Cooper Union in New York. But because, he says, "I thought I didn't have anything to say as an artist," and "I thought dancers were free spirits," he decided to try dancing. He became a founding member of the Merce Cunningham Dance Company, performing and designing costumes for the group for 11 years.

Since he was not paid for that work, Charlip supported himself by designing, first textiles, then book jackets, and finally children's picture books. At first with the books, Charlip says, "I didn't take them seriously. Then people started responding to them...and then I started to like it." He found that the children's book field, like choreography, allowed much creative freedom.

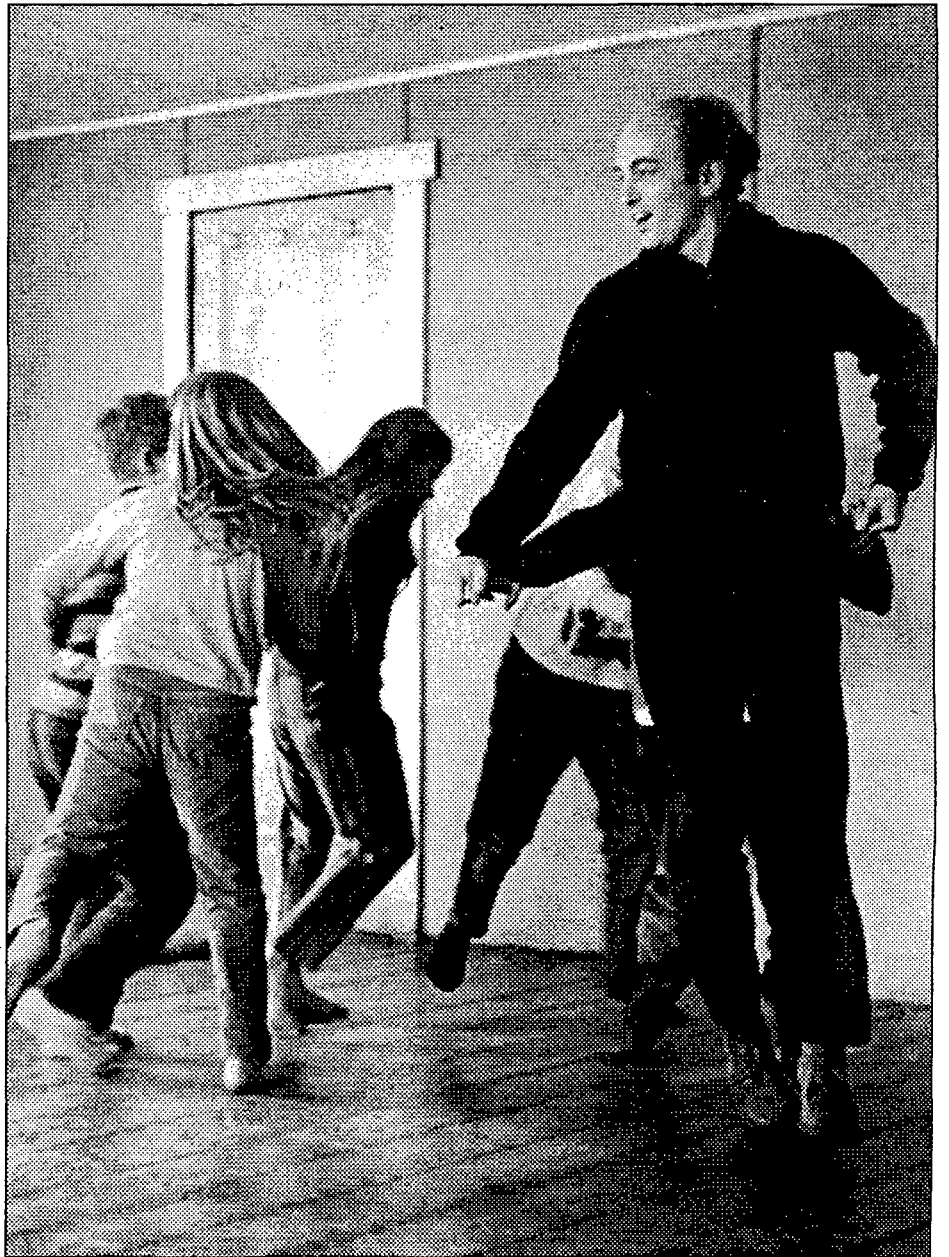
After his book career got underway, people started asking Charlip to do workshops, and in 1958 The Paper Bag Players were born. This still-running New York group presents theater by adults for children using stories by Charlip and stages them with costumes made from common objects, such as boxes, sheets, lampshades, kitchen objects, and as the name implies, paper bags. The theme of the Paper Bag Players, "Books into theater, theater into books," is also the subtitle of the library exhibit.

In addition to his work with the Merce Cunningham Company and the Paper Bag Players, Charlip has also choreographed and designed for his solo performances and his own company, The International All-Star Dance Company, as well as for other groups, including the Joffrey Ballet, the Oakland Ballet, and the London Contemporary Dance Company. He has also served as director for The National Theater of the Deaf. His many awards and honors include a three-year National Endowment for the Arts grant and three NEA fellowships, two *Village Voice* "Obies," three Bay Area Isadora Duncan awards, and a 1997 exhibit at the Library of Congress in Washington, DC. Three of his books have made the *New York Times* Top 10 Illustrated Books, and an article about Charlip and *Peanut Butter Party* appeared in the *New York Times* this past August.

In his 10 years in San Francisco, Charlip has been involved in the local schools and has mentored teachers of the arts. In 1997 he created a musical based on his book *Harlequin and the Gift of Many Colors* that was performed by 650 elementary school children at Stern Grove as part of the San Francisco Arts Education Project.

Charlip is currently the artist-in-residence at the San Francisco Library. A wall-full of children's artwork from his workshops, based on the book *Fortunately*, will be on display in the Children's Room.

"Remy Charlip's World" will open with a peanut-butter-theme reception on October 13 that will include a book signing and a performance of excerpts from the "Harlequin" musical. ■



Remy Charlip at a Children's Workshop in New York, circa 1958, when he first began doing picture books.

"Remy Charlip's World: Books into Theater/ Theater into Books" Oct. 13-Dec. 13 at the Jewett Gallery, San Francisco Main Library, 100 Larkin St. at Grove.

Opening reception with book signing and performance, Wed., Oct. 13, 5:30 p.m. in the Koret Auditorium.

Other events

Workshop with Remy Charlip. Wed., Oct. 20, 6-8 p.m. at the Bernal Heights Library, 500 Cortland Ave.

Remy Charlip 101: Picture Books for Children. Six Wednesdays, Oct. 13-November 17, through the Harvey Milk Institute. Includes free Main Library reception and Bernal Library workshop, plus four additional sessions. Fee. For information, call 552-7200.

"Still Moving," with Anna Halprin, Frank Shawl, and June Watanabe. Elders of the dance community perform and talk about their life-long experiences and love of dancing. Nov. 5 and 6, Theatre Artaud, 450 Florida. For information, call 437-2700



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Find the Artists in your Community

24th Annual San Francisco Open Studios By Anne Telford

Over 700 artists will open their studios to the public over four weekends in October. You will find everything from painting, sculpture, mixed-media, ceramics, print-making to furniture, glass, jewelry and photography. Whether you are looking for the perfect painting to adorn your living room, a gift for a friend, an investment, or just an enjoyable day (or days) appreciating art and meeting creative people, you'll find it at Open Studios.

Last year over 55,000 people attended Open Studios and \$1.1 million worth of art was sold! All studio visits are free to the public. The organizers hope that this year's attendance—the last Open Studios of the 20th Century—breaks the previous year's record for both attendance and direct support of the arts.

If you've thought of purchasing a work of fine art, or are interested in a behind-the-scenes look at how and where artists create, Open Studios offers a perfect opportunity. Gather up a few friends, consult the San Francisco Open Studios guide—designed to help you plan a self-guided tour—and plot out an art excursion. Not only will you see an exciting range of talent, but opposed to a museum experience, visiting artist's studios gives you direct access to the artist and provides the opportunity to ask questions about their style, content or medium. Many artists are also open to accepting commissions. If you like an artist's style, but have a personal project in mind—ask. You might be able to negotiate a personalized work of art. Over the years, I've purchased many reasonably priced works of art on paper, as well as jewelry, objet d'art and ceramics, some for gifts, some which still grace my house. There's the added benefit of knowing that your money is going into the artist's pocket, without any middle-man overhead.

Artist's studios are open as follows:

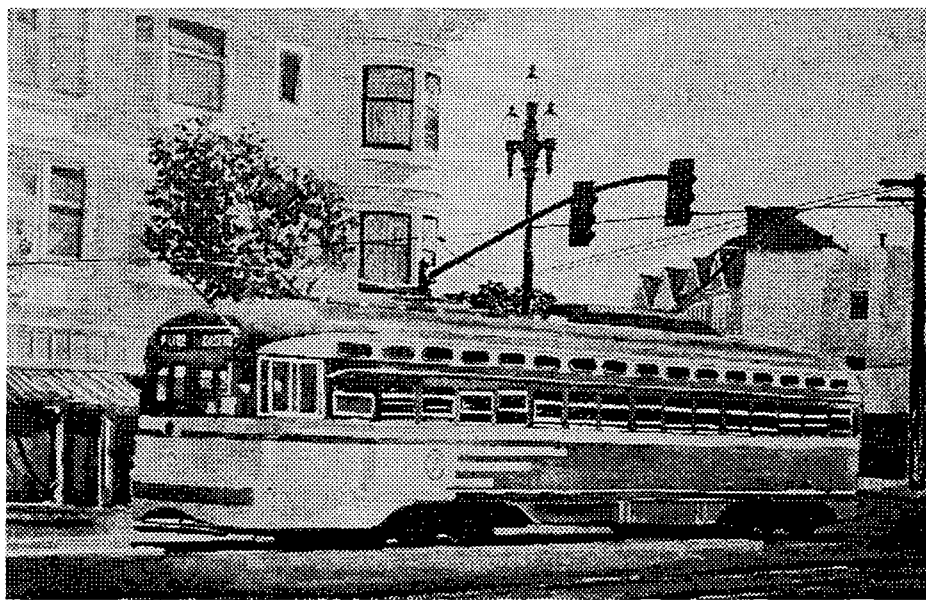
October 2-3: Richmond, Sunset, North Beach, Russian Hill, Pacific Heights, Haight, Western Addition, Hayes Valley, Marina, Fort Mason.

October 9-10: Bernal Heights, Castro, Mission, Noe Valley, Mount Davidson.

October 16-17: Potrero Hill, South of Market, Civic Center, Bayview

October 23-24: Hunters Point Shipyard.

To make attending Open Studios accessible, ArtSpan publishes a free map of the studios that is distributed at bookstores and coffee houses around the Bay Area. Maps will also be available at artists' studios and at SomARTS Gallery throughout October. The Open Studios Exhibition will feature one piece of artwork by each artist and is designed to help studio visitors plan their visits; it will run through October 24. Gallery



Streetcar, 1998 watercolor by Bernal Heights artist James Gleeson, (415) 824-2489.

hours: Tuesday-Friday, noon-4 p.m.; Saturday and Sunday, 10 a.m.-5 p.m. SomARTS Gallery is located at 934 Brannan Street, between 8th and 9th Streets.

The 1999-2000 Directory of San Francisco Artists, a visual guide to the Open Studios program, contains a photograph of each artist's work, artists, studio addresses and contact information. The 200-page directory serves as the most comprehensive year-round guide to San Francisco's visual artists and includes a map of San Francisco marked with studio locations. The Directory is \$10 and is available at Bay Area bookstores, museum shops and specialty stores. Call (415) 861-9838 or see ArtSpan's Web site at www.artspan.org for a list of stores.

You may also want to check out the Open Studios Web site at www.sfoopenstudios.com for detailed information on how and where to explore studios and to see examples of artists' work. This Web address will be up year-round so that visitors can follow-up on their studio tours and contact their favorite artists after the October event. ■



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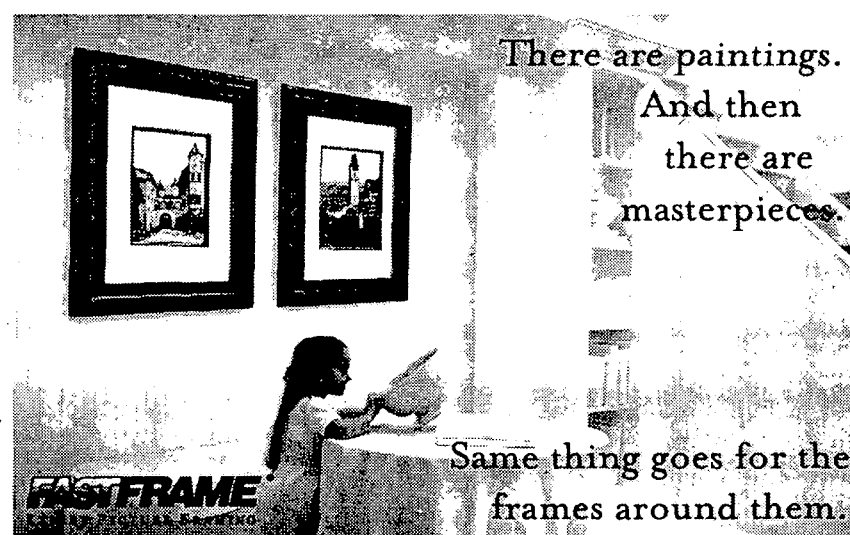
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Calendar Listings

Breast cancer symposium

The Second Annual Healing Choices/Bridging Communities, a symposium for breast cancer and integrative medicine initiated by breast cancer survivors/advocates will be held Saturday, October 16, at Cole Hall, University of California, SF. Michael Lerner, Ph.D., author of Choices in Healing, will speak again this year. Bay Area broadcaster Jan Yanehiro is the moderator, other speakers include Pearl W. Yee, MD (What Your Gynecologist Can Do For You); Debu Tripathy, MD (Research in Alternative Medicine for Breast Cancer) and William Goodson, MD (New Methods of Detection) and Rachel Naomi Remen, MD (Bridging All Cultures). Many works, including Healing Through Music; Chinese Medicine; Nutrition and Sexuality will also be featured. The symposium will be held from 8:30 a.m.-4:15 p.m. Registration fee is \$10 with lunch provided. Scholarships are available. There is seating for only 500 and attendees must pre-register to choose workshops. For information call (415) 273-1166.

Comedy tonight!

Funny Girlz: A Smorgasbord of Women's Humor, Saturday, October 2 at 8 p.m., Herbst Theater, 401 Van Ness Ave. @ McAllister. Join a great line-up of internationally and locally known funny female comics for a celebration of women's humor. The comics are billed as a diverse mix, "Jewish, atheist, African American, Caucasian American, short, tall, straight, lesbian, those who have been on TV, those who one day will be..." Featuring Diane Amos (The Pine Sol Lady); Elvira Kurt

continued on page 16



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FILM BERNAL FILM FESTIVAL LISTINGS

The Bernal Heights Neighborhood Center is proud to sponsor the first annual Bernal Heights Film Festival. The film series started this July showing Gregory Gavin's *Bernaltown*, and was a big success. The Bernal Heights Film Festival displays the extraordinary diversity of cinematic talent unique to Bernal Heights, and is held to thank members and Friends of the Bernal Heights Neighborhood Center.

On Tuesday, October 26th we will feature Vicky Funari's highly-acclaimed film *Paulina*. On Tuesday, November 30th we will feature several short films under the theme Tales from the South, around the World, and other Weird Stories. Admission is \$1 for non-members and free of charge for members and Friends of the Bernal Heights Neighborhood Center. All films are open to the public.

Films begin at 6:30 p.m. at the Bernal Heights Neighborhood Center, preceded by a "Meet the Filmmaker" at 6 p.m. for Friends of the BHNC. Following the film, there will be ample question and answer time with the filmmaker and the general audience. For more information, please call Demece Garepis at 641-0507 or email at dgarepis@pacbell.net.

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CALENDAR LISTINGS CONT.

(Comedy Central's Out There II); San Francisco comic Page Hurwitz; Josie's Cabaret's favorite straight comic, Bridget Schwartz; your comedic host Lisa Geduldig and more. Call the Funny Girlz hotline at (415) 522-3737, check out www.igc.org/koshercomedy or call City Box Office (415) 3924400 for tickets (\$20 and \$25 for reserved seating).

Record Release Party

CD release party for Beth Custer's "In The Broken Fields Where I Lie" as well as music from Vinculum Symphony and Eighty Mile Beach will be held on Tuesday, Oct 12 at Bruno's, 2389 Mission Street at 20th. Two sets at 9:30 p.m. and 11:30 p.m.; tickets are \$5. For more information, call the club info line: (415) 550-7455. Kenny Brooks Trio will play in the lounge Beth Custer is best known for her work with Club Foot Orchestra, the 12-piece band that has performed its live soundtracks to old silent films throughout the country.

Boo at the Zoo

Saturday, October 30 from 11 a.m.-3 p.m., the San Francisco Zoo will present its second annual Boo at the Zoo, a special daytime Halloween event for little ghosts and goblins (not to mention Tinky Winkies, princesses, Pokemons and more). Costumed kids can visit trick-or-treat stations around the Zoo, and dare to venture onto the haunted Nature Trail. (While it's cool to be scary, there is one caveat. The Zoo requests that

trick-or-treaters not wear masks so as not to frighten the animals.) The animals at the Zoo also celebrate Halloween with scheduled pumpkin presentations-some pumpkins even include hidden treats. Watch the African elephants, polar bears, ring-tailed lemurs, among others, receive their pumpkins. Who knows what they might do? Chew, smash, throw? Boo at the Zoo is free with paid admission. The SF Zoo is located on Sloat Blvd. at 45th Ave. near the ocean. For more information, call (415) 705-0761.

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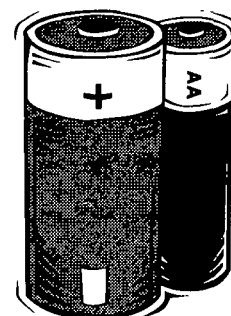
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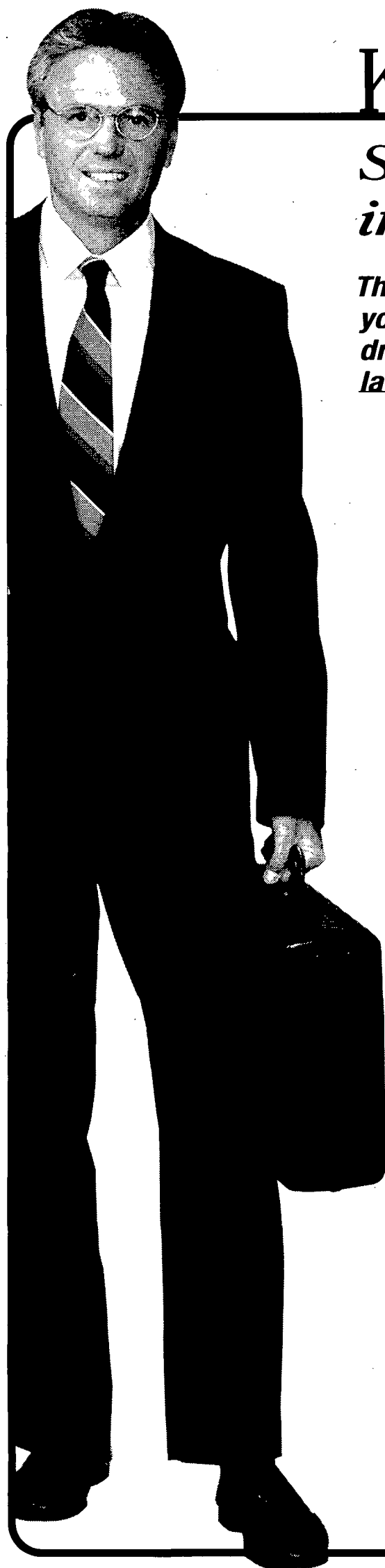
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KNOW A GOOD LAWYER?

San Francisco will need one if Proposition F passes!

The authors of Prop F want you to believe it will lower the ATM fees you pay. What they won't admit is that the proposal is so poorly drafted and so full of loopholes it will result in years of costly lawsuits. And San Francisco taxpayers will get stuck with the bill.

If Prop F wins, taxpayers lose. Recent federal court cases in Iowa and Connecticut have held that local governments cannot regulate national banks. If Prop F wins, San Francisco could be forced to spend hundreds of thousands of tax dollars on high-priced attorneys to defend a doomed law.

If Prop F wins, community banks lose. Only 74 of the 868 ATM machines in San Francisco are operated by local banks that the City might have the legal authority to regulate. These ATMs are owned by small, community-based banks. That's why every one of the 18 community banks headquartered in San Francisco opposes Prop F.

If Prop F wins, consumers lose. Incredibly, Prop F doesn't affect the hundreds of ATM cash machines owned by corporations and other non-banks.

The fact is, the big losers if Prop F passes are consumers and taxpayers, who will end up paying the costly legal fees to defend this poorly-written proposition.

These City leaders and organizations urge you to vote NO on Prop F



SUPERVISOR
Barbara Kaufman



SUPERVISOR
Amos Brown



SUPERVISOR
Michael Yaki

Asian Business Ass'n
Golden Gate Restaurant Association
SF Black Chamber of Commerce
Chinese Chamber of Commerce
SF Chamber of Commerce
SF Council of District Merchants
SF Hotel Council

SF Small Business Network
SF Planning & Urban Research (SPUR)
Chinatown Merchants Ass'n
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Robert F. Kennedy Democratic Club PAC

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OPINION/COMMENTARY

NEWS FROM THE SOUTH BERNAL ACTION ALLIANCE

Community Eyesore Transforming Into Community Garden

By Melanie Wise

Anyone entering Bernal Heights from Alemany was (up until recently) greeted by what the SBAA not-so-affectionately referred to as the "Fish Lot," at the corner of Putnam and Crescent. The Fish Lot (so called because of Farmer's Market Saturday's trucks selling fish parked there) was a local eyesore, dumping ground, rat haven and magnet for crime. On any given day one might be greeted by graffiti-covered panel trucks, household refuse, cars up on blocks, drug dealers peddling their wares. Hoping to make the entrance to South Bernal more attractive, welcoming and safer—the SBAA began contacting the Water Department, who owns and leases out the lot, in early 1999 to discuss improving its condition. In August, we started to see progress.

Anyone driving by now will see a dramatic difference! Thanks to Gary Dowd, Tony Flores and Jeff Murray of the Water Department and Erika Roman in the Mayor's Office, the lot has been graded and paved while the Friends of the Urban Forest have planted trees around the perimeter. But, there is more to come—A South Bernal neighbor, Adrian Noto, has donated flowering shrubs to be planted on the lot's banks and The Bernal Heights Tree Committee has secured a CalTrans grant to pay for even more shrubs. The SBAA is also working with Reverend Whitesides of The Good Hope Baptist Church (whose building sits behind the lot) to organize Sunday School children in the planting of spring bulbs, and we are initiating contact with the San Francisco League of Urban Gardeners, whom we hope will add even more plantings, and a group of teens affiliated with the Bernal Heights Neighborhood Center who may maintain the garden. In November the existing lease on the lot expires and the Water Department has assured us that a new lease will be written, one that requires the lessee to keep the lot free of refuse.

Development Boom In South Bernal

A tight housing market and flourishing economy have sparked a development boom in South Bernal. Three major projects are already in the planning stages: 66 condominium units with retail space at 922 Peralta (adjacent to the Farmer's Market), 22 townhouses at 400 Alemany (next to Alemany Housing) and 9 steep hillside lots with single family homes on Moultrie Street (this project will require a 50% extension of Moultrie Street and the demolition of both a 9-year old community garden and a 100-year old grove of trees). In addition, close to 1 mile of contiguous open space, the last open space in South Bernal, is now cost effective to develop (see map for areas). Needless to say, the SBAA is concerned!

The SBAA is currently meeting with the developers of the Alemany, Peralta and Moultrie projects in the hopes that community input will keep these projects from being a detriment to the neighborhood. As one South Bernal neighbor put it: We don't want Richmond Specials (those featureless vinyl-sided freight car-looking buildings) and we don't want our gardens and trees destroyed; we want our Bernalness, our nooks and crannies preserved. This is SAN FRANCISCO, not Houston. We'd like that fact to be respected.

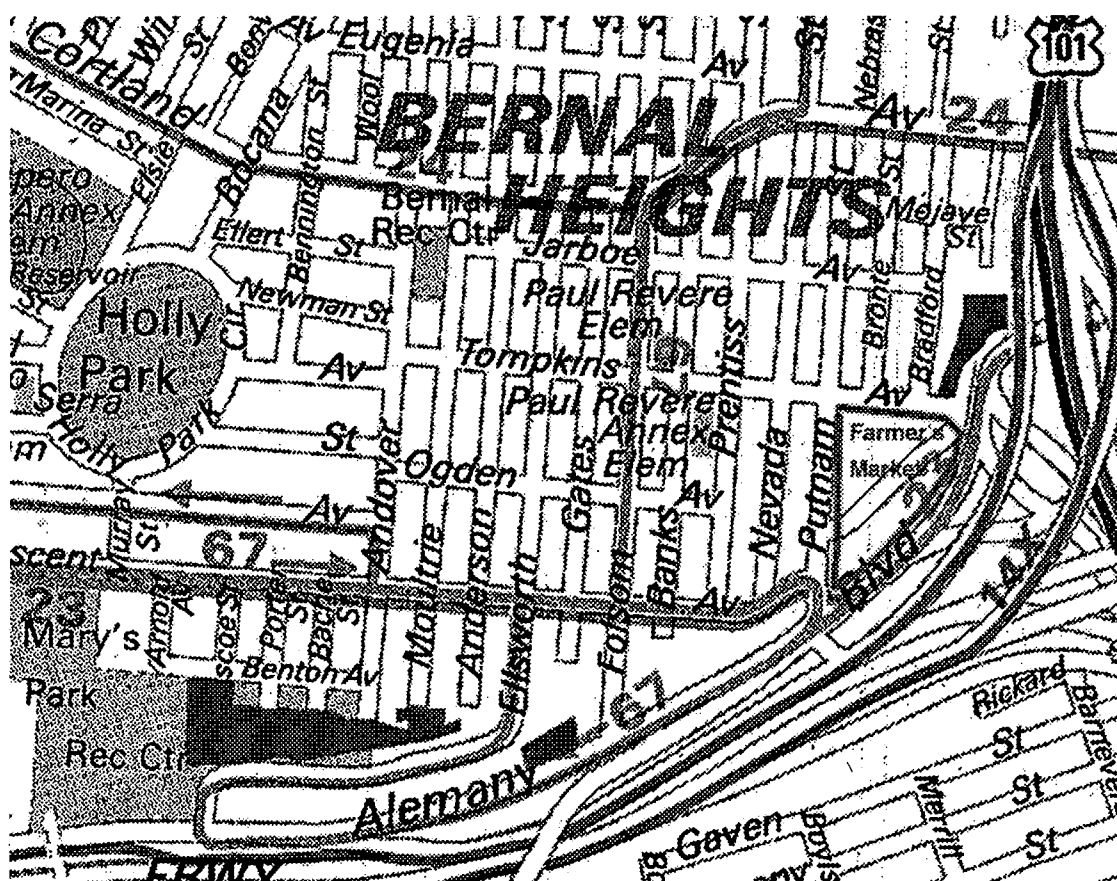
Even though the developers of these three major projects have been very agreeable about working with us thus far—it is not enough. The SBAA wants a moratorium of new building until the Department of Planning can meet with the community and begin forming a comprehensive plan for development in South Bernal. We want the whole extent of the lands available for development to be considered as one unit so that the overall impact of this potential development can be assessed.

The SBAA's Wish List for Development:

We would like the buildings "designed." (The initial plan for 400 Alemany Blvd. could have won the tenement of the year award. The SBAA is encouraging the developer to redesign the units.)

We would like the density of the housing to reflect the density of the general neighborhood.

We would like structures built around the various neighborhood features. We don't want every living thing torn out to accommodate building.



Map showing areas of proposed development

The SBAA understands that this may take some creative problem solving and will certainly require that the developers, the Department of Planning, and the community work together.

Finally the SBAA wants to emphasize that this development boom is a hillside issue. Adding thousands more residents and their cars to Bernal Heights will impact the quality of life in the whole neighborhood. If you'd like to support us in this effort come by our table at the Bernal Heights Fiesta and sign our petition. Anyone living south of Cortland can also join the SBAA and anyone concerned about development can attend our monthly meetings.

The South Bernal Action Alliance is a group of concerned citizens working to improve the quality of life in South Bernal Heights. The SBAA meets the first Wednesday of every month at 7:30 p.m. in the basement of the Bernal Library. We can be reached at: southbernal@yahoo.com

Following the precedent set by the east slope of Bernal Heights, the residents of south Bernal are asking for a moratorium on building.

There is close to one mile of open space across the south slope of Bernal Heights that has, for the first time, become cost effective to develop. And the development has already begun, with 22 townhouses planned for 400 Alemany Boulevard, 66 residential units with retail space at 992 Peralta Street, 9 steep hillside lots to be developed on Moultrie Street (this particular project will require the extension of Moultrie Street by 50% and the demolition of a community garden and 100-year-old grove of trees), and 4 townhouse units on Bache Street. There are an additional 48 contiguous, vacant lots.

We want the OVERALL impact of these new developments considered. To consider their impact individually is not bad planning, it's no planning at all.

This is one of the largest, privately-owned blocks of undeveloped land in the city. Its development could be a showcase of smart urban planning. But builders are businessmen; the most cost-effective way for them to work is to level the field, go in straight lines and build as many units as possible. Like Daly City. We would like to work WITH the builders and the city to ensure that these developments are done with respect to the social and geographical context in which they will be built.

Our lots are smaller than the city average, our streets are narrower. Density and parking are major issues.

We want the new infrastructure for the slope above Alemany Housing to be designed around existing features: the old stands of trees, the community gardens... We don't want the field leveled and straight-line streets; we want more creative solutions that will preserve the quality of our neighborhood.

Bernal has a character. Single family homes, little cul-de-sacs, mini block parks and community gardens, old stands of trees; short, hillside streets with stairways and cobblestone walls. Just like all old neighborhoods. It's what makes San Francisco, San Francisco instead of Houston. As this development happens, we expect our "Bernalness" to be preserved. ■



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Bernal Heights Recreation Center Wish List

This center provides a much needed outlet for Bernal Heights youth and toddlers. It is actively used by the children in our neighborhood and could use a few additional things to help provide these services. The BH Rec Center, 500 Moultrie Street @ Jarboe Street is in need of the following items:

- Ladder of any size
- Additional Tiny Tot table (1)
- Additional Tiny Tot chairs (15-20)
- New or used fax machine
- New or used TV/VCR combination
- New or used Xerox copier, desk-top
- New or used microwave oven
- New or used kitchen supplies/materials
- Card table
- Used or new tennis balls
- Basketball nets
- Leather basketballs

If you can provide any of these items, please call (415) 695-5007.

List your business or service or that cool thing you found in the garage last Saturday. Classified ads at 20c a word. Send your ad (please be sure and print legibly), with payment, to NBJ, 514 Cortland Ave., San Francisco, CA 94110, or call (415) 206-2140 ext. 160 for more info. If it's more convenient, drop off your ad in person to the BHNC office, 515 Cortland Ave.

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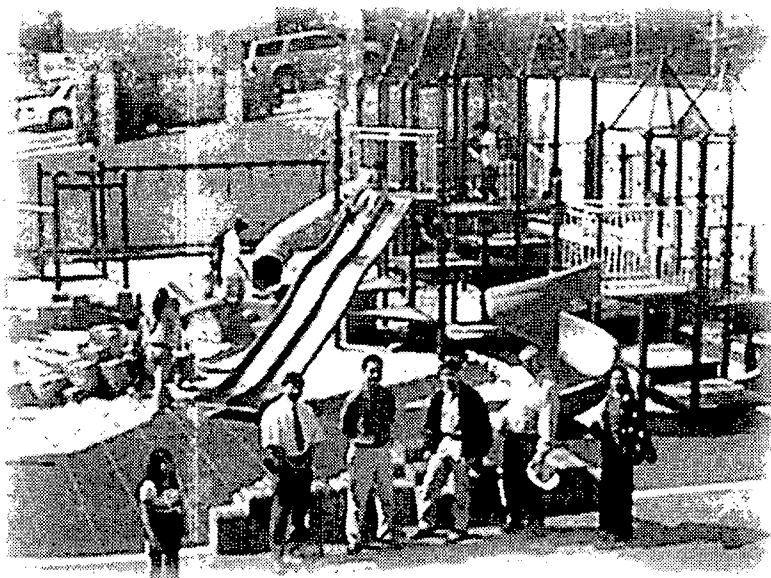
VIOLENT CRIME DOWN NEARLY 40%

In the last four years, violent crime has fallen by nearly 40% thanks to the success of Mayor Brown's community policing programs and the addition of new police officers, including 200 this year alone.



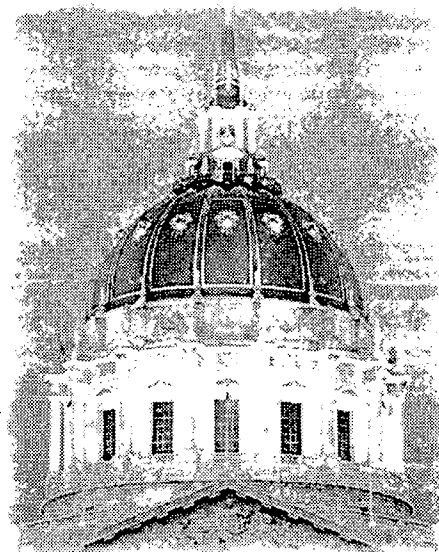
TURNING MUNI AROUND

Mayor Brown is putting a stop to driver "miss outs," dedicating millions to improving Muni reliability and increasing driver safety training. And Brown hired a transportation expert with 20 years' experience to turn the system around.



A FAMILY-FRIENDLY CITY

Mayor Brown has opened ten new Senior Centrals and five new Beacon Schools to serve the needs of children and the elderly. And Brown unveiled the "Parks Renaissance Crusade," a \$1 million improvement plan targeting 12 park and recreation centers around the City.



A NATIONAL AMBASSADOR

Mayor Brown has used his network of state and national contacts to bring millions of dollars to San Francisco, including funding to extend BART to the airport and build new affordable housing.

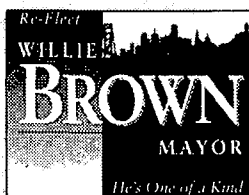


"Let's give credit where credit is due."

Under Willie Brown, San Francisco has less crime, more jobs and a national stature that has brought millions of state and federal dollars to the City.

Under Mayor Brown's leadership we're moving forward together."

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